

REGION III AGING SERVICES

Mary Weltz, Regional Aging Services Program Administrator

Serving: Benson, Cavalier, Eddy, Ramsey, Rolette and Towner Counties



Winter 2015

Greetings from Region III Aging Services!

For a variety of reason, you will find this edition of our newsletter to be VERY abbreviated. The main purpose of this edition is to share with you the agenda for the upcoming Region III Council on Aging meeting.

At the last Regional meeting, participants requested that we invite IPAT (a ND company that delivers services to people with disabilities or those experiencing the effects of aging to assist them in getting the assistive technology they need for work, school and home) back to our Region. Jeanne Krull from Fargo will bring various pieces of adaptive equipment to give us a hands-on opportunity to see things that are available to assist people. I recently had the privilege of visiting their Home First showroom. The equipment that is available is amazing and impressive.

Another request was that we invite an attorney to give us a basic overview of documents we should consider having in place. Richard LeMay from Minot has prepared an agenda that will provide us with talking points in regards to wills, trusts, etc.

Throughout our Region, individuals are dealing with Alzheimer's Disease or dementia. Ashley Magner from the Alzheimer's Association does a wonderful job providing people with an overview of these diseases. We are very pleased that she is going to be joining us for the day.

The Rolla seniors are looking forward to hosting. I hope that you are able to attend! As a reminder, our Region III meetings are open to seniors, professionals, family members, and all people who are interested! For further information on our Region III meetings, or for any issues or concerns you may have regarding aging services, please feel free to call me at 665-2213 or 888-607-8610.

Blessings to you and your family for a wonderful 2015!
Mary Weltz, Region III Aging Service Program Administrator

**Region III Council on Aging Meeting
Tuesday - January 13, 2015
Rolla Senior Center, 110 6th Ave NE
Rolla, North Dakota**

9:30 - 10:00 Registration—Coffee, Scones and Fresh Fruit

10:00 - Welcome—Leonard Klein, President

Call to Order/Pledge to the Flag

Welcome—Rolla Dignitary

Welcome—Mary Weltz, Region III Aging Service Program Administrator

10:15 - “IPAT AND ASSISTIVE TECHNOLOGY FOR AGING”

Presented by: Jeanne Krull, MS/CCC-SLP, ATP Senior A.T. Consultant

11:15 - Business Meeting:

A. Reading of the Minutes

B. Treasurers Report

C. Reports/Communications/Announcements

1. County Councils/Senior Center Clubs

2. Title III Project Directors

3. Mary Weltz, Region III Aging Services Program Administrator

4. Other Guests

D. Other Business

1. Next meeting location

12:00 -1:00 Lunch will be served

1:00 - “ALZHEIMERS DISEASE AND DEMENTIA MYTHS AND FACTS”

Presented by: Ashley Magner, MA, Alzheimer's Association, ND Dementia Care Services Project

1:30 - “TOP 10 REASON TO USE LEGAL SERVICES”

Presented by: Richard R. LeMay, Director of Litigation, Legal Services of ND

2:30 - Entertainment

***Each Senior Center Club is asked to please bring
a door prize to be given away during the meeting.***

If you would like to eat with us at noon please RSVP by calling Nutrition United at 477-6421 by Friday, January 9th. This will be a Title 3 meal. The suggested contribution for the meal is \$3.95. Participants are asked to bring an additional \$4.05 (total \$8.00) to help cover the other costs of the day.

The menu will be: Roast Beef, Whipped Potatoes, Gravy, Beets and Peaches

Marihart named Director of Aging Services Division

BISMARCK, N.D. – The N.D. Department of Human Services has hired Cindy Marihart as director of its Aging Services Division, which provides services and funds programs to improve quality of life and help older adults and adults with physical disabilities to live independently in their homes and communities. This includes providing respite and support to family caregivers, protecting vulnerable adults from exploitation, abuse, and neglect, advocating for residents of long-term care facilities to help them resolve concerns, and providing resources for the Senior Community Service Employment Program, senior meals, health screening services, guardian-ship services, telecommunications and other assistive equipment, dementia care, and other needs.

Marihart has worked in the social services field for over 25 years. Most recently she worked as the director of the Mahnomen County Human Services Department in Minnesota. That agency administers public assistance programs, child welfare, adult protective services, Medicaid waiver services, senior meals, transit, mental health services, substance abuse aftercare, and other services. Marihart also previously worked as a social worker, supervisor, administrator, and social service office manager in New Mexico.

“Cindy has extensive experience providing services at the local level and is interested in the changes people encounter as they age and their impact on individuals and society. We look forward to her applying that knowledge to Aging Services’ policies and programs,” said Department of Human Services Executive Director Maggie Anderson.

“I enjoy working with seniors and worked with meal program contracts serving a five-county area while in Minnesota,” Marihart said. “The older population is diverse. Baby boomers have different expectations, so this is a very exciting time for Aging Services.”

Marihart is completing a doctorate degree in human development with an emphasis in gerontology at North Dakota State University. She has a master’s degree in organizational and industrial psychology from the University of West Florida and a bachelor’s degree in psychology from the University of Minnesota-Duluth.

For information about aging services in North Dakota, contact the Aging and Disability Resource LINK toll-free at 855-462-5465 or 855-GO2LINK, email carechoice@nd.gov, or go online to search a database of services and programs at www.carechoice.nd.gov.

Telephone Numbers to Know

Regional Aging Services Program Administrators

Region I:	Kayla Fenster	1-800-231-7724
Region II:	MariDon Sorum	1-888-470-6968
Region III:	Mary Weltz	1-888-607-8610
	Local #:	1-701-665-2213
Region IV:	Patricia Soli	1-888-256-6742
Region V:	Sandy Arends	1-888-342-4900
Region VI:	Danelle VanZinderen	1-800-260-1310
Region VII:	Katie Schafer	1-888-328-2662
Region VIII:	Mark Jessor	1-888-227-7525

ND Family Caregiver Coordinators

Region I:	Kayla Fenster	1-800-231-7724
Region II:	Suzanne Effertz	1-888-470-6968
Region III:	Mary Weltz	1-888-607-8610
	Local #:	1-701-665-2213
Region IV:	Patricia Soli	1-888-256-6742
Region V:	Sandi Arends	1-888-342-4900
Region VI:	Danelle Van Zinderen	1-800-260-1310
Region VII:	Katie Schafer	1-888-328-2662
Region VIII:	Mark Jessor	1-888-227-7525

Long-Term Care Ombudsman Services

State Ombudsman:	Karla Backman	1-855-462-5465
Region I & II:	Deb Kraft	1-888-470-6968
Region III & IV:	Tammy Ferderer	1-888-607-8610
	Local #:	1-701-665-2256
Region V & VI:	Bryan Fredrickson	1-888-342-4900
	Laura Fisher	1-888-342-4900
Region VII:	Shannon Nieuwsman	1-701-391-0563
	or Karla Backman	1-855-462-5465
Region VIII:	Karla Backman	1-888-462-5465

Aging & Disability Resource LINK (ADRL)

Aging Services Division and Resource Link:

Options Counseling Services	1-855-GO2LINK 1-855-462-5465
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Vulnerable Adult Protective Services

Region I & II:	Niels Anderson	1-701-629-5393
	Janinne Paulson	1-701-629-5971
Region III:	Kim Helten	1-888-607-8610
Local #:		1-701-665-2200
Region IV:	Bernie Bachmeier	1-701-795-3066
	Raeann Johnson	1-701-795-3147

Region V:

Direct referral may be made to Cass County -

Adult Protective Services unit:	1-701-241-5747	
Region VI:	Hart Counseling	1-701-952-8277
Region VII:	Bill Willis	1-701-328-8868
	Ali Wagner	1-701-328-8776
Region VIII:	Rene Schmidt	1-888-227-7582

Other

AARP:	1-866-554-5383
Mental Health America of ND:	1-701-255-3692
IPAT (Assistive Technology):	1-800-265-4728
Legal Services of North Dakota:	1-800-621-9886
Senior Companion Program	1-800-450-1510
ND Attorney General's Office of Consumer Protection:	1-701-328-3404 1-800-472-2600
Social Security Administration:	1-800-772-1213
Medicare:	1-800-633-4227
State Health Insurance Counseling (SHIC) ND Insurance Department:	1-888-575-6611
Prescription Connection	1-888-575-6611
ND Association for the Disabled	1-701-795-6605
ND Poison Center	1-800-222-1222
ND State Library	1-800-472-2104
Alzheimer's Association:	1-701-775-8544 1-800-272-3900
ND Senior Medicare Patrol:	1-800-233-1737